

March 18, 2016

Cynthia Williams, *Waterbury, CT*

Good morning Senator Coleman, Representative Tong and members of the Judiciary Committee.

My name is Cynthia Williams and I am a registered voter in the city of Waterbury. I am here to testify on H.B. No. 5531 AN ACT CONCERNING THE CARE AND TREATMENT OF PERSONS WITH A MENTAL ILLNESS OR SUBSTANCE USE DISORDER.

As a recovering person from substance abuse issues and mental health issues, I oppose the involuntary outpatient commitment statute. If someone mandated me to take medication, I would be more resistant to take it. Some of the medications have horrible side effects and can lead to organ failure and other medical problems.

Increased community supports including education, outreach, and wellness programs are not only more cost effective, but have proven to be more successful to those in recovery. I attend the Independence Center in Waterbury and I learned to make better choices for my health.

Please take into consideration that these issues do not discriminate and addiction and mental health are part of every family. Let those that have enough struggles already, choose their own course of treatment.

Thank you for your attention to this important matter.

Cynthia Williams

Waterbury, CT

203-802-1883